

Hot Button[®] Relief Pak[®]

item #'s
11-1025
11-1026
11-1027
11-1028

How they work:

Hot Button[™] compress instantly generates heat for 30 minutes up to 2 hours depending on the compress's size, insulation, and the outside temperature. Smaller pads cool quicker than larger ones. The compress is "recharged" by boiling it for approximately 10 minutes. The activation and recharging of a compress can be repeated at least 100 times, provided the compress's outer surface is not damaged. Hot Button[™] compress contents are not harmful; they are common non-toxic food additives.

Activate and Use:

- Gently flex the disk in the liquid compress back and forth until pad starts to crystallize. Do not bend or break disk.
- Once the compress is fully crystallized, knead to increase flexibility.
- Compress will heat to approximately 130°F (54°C). Wrap in cloth and/or use over clothing if compress is too hot. Insulate in a pocket, glove or wrap to prolong heat.

How to Return to Liquid State:

- Return the compress to liquid state before storing.
- Wrap solid compress in a cloth to prevent it from touching the bottom or sides of the pot. Place into boiling water for 5 to 12 minutes until ALL crystals melt. If ALL crystals are not melted, the compress will return to a solid state while cooling. Remove from pot with tongs.
- Refrigerate to use as a cold pack but do not freeze.

Caution:

- DO NOT PLACE IN MICROWAVE OR FREEZER.
- Discard if punctured.
- Allow to cool after boiling before re-use.
- For EXTERNAL use only.
- Consult doctor before use if you have diabetes, heart disease, poor blood circulation, nerve problems/lack of sensitivity to heat, damaged skin, rheumatoid arthritis, are pregnant or plan to use to treat medical conditions.
- Do not use on bruises or swelling during the first 48 hours following incident.
- Do not use on or give to individuals who cannot understand and follow these instructions properly.



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